

United States Gymnastics Federation

GYMNASTICS NEWS

November - December 1980

Vol. IX, No. 6



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United States Gymnastics Federation

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ETHICS AND THE GYMNASTICS PROFESSIONAL

Editorial by Roger L. Counsell

Preaching on moral issues is not one of the subject areas that I consider to be my area of expertise. I do, however, from time to time get concerned about various acts and situations that persist in the gymnastics world. Many of the situations that we might frequently label unprofessional go back to a basic morality and a basic personal code of ethics. In pondering the subject I have identified at least four subject areas, although I am sure there are more, where we as gymnastics professionals ought to be cognizant of developing a personal code of ethics which should be beyond reproach.

The first area which is oftentimes violated is the ethics of the teaching progression. Many times coaches in their zeal to develop champion athletes as quickly as they can, tend to impede the basic development of the athlete regarding the development of strength, flexibility, etc., as they prepare the athlete for the learning of skills. Further, I think some coaches will do not realize the value of compulsory exercises and their value for basic skill development. Many coaches, in working with the teaching of skills to young people, do not give thought to whether or not the skills being taught are appropriate to the level of growth of the athlete. Many people who are profit-motivated in gymnastics clubs become caught up with what I might term "entrepreneurial gymnastics" to the point where there really is little identifiable progression, nor is there a discernible goal as far as the conduct of certain gymnastics programs are concerned.

All of the points that I have mentioned touch up on ethical considerations, and I feel that every coach who conducts a program, whether as a public education institution, an ethnic organization, such as Turners or Sokols, a public organization, or a private club, should examine his or her feelings regarding the ethics of the judgments they make regarding the teaching of skills, the speed of progression and the appropriateness of skills to a given growth level of a child.

The second area, and many coaches, including the USGF, has been guilty of this at times, are the ethics of scheduling. Often times, because of the desire to showcase their teams or the desire to give their teams a wealth of experience in competition in a relatively short time, coaches tend to schedule too many competitions and exhibitions. The USGF was guilty of this this past summer in an effort to supply alternate experiences to the Olympic Games to our national teams. We did this to a point where the athletes were over-traveled and over-competed. In doing this, whether it is a YMCA coach or a high school coach at the basic level, or whether it is the USA national team, a basic principle is violated in over-scheduling. This principle is, of course, a disruption of the time that is required for effective teaching and learning of skills.



The third area of ethics in the gymnastics profession relates to the ethics of the collegial relationship between coaches. In many cases, because of the intense competition between teams, coaches evolve into a situation of intense rivalry that tends to color their conduct when they are in a professional situation, such as a meet or a clinic. We in the world of gymnastics are, more than ever before, professionals in the true sense of the word. I feel that a profession can only be as honest and as straightforward as its members allow it to be. A renewed pride on the part of all coaches and judges, and other involved in gymnastics, and conduct consistent with that pride, will help to enhance our profession.

Lastly, and certainly not least, is the area of the ethics of judging. This subject has probably been given more lip service than any of the foregoing subjects. The unfairness of judges incrementally has been spoken about by all nations since the inception of the sport of gymnastics. Because it is a sport that is judged, I suppose that we will never be free of accusations of unethical conduct among judges. It is, however, the very soul of the sport of gymnastics that the athlete who turns in the best performance should get the best score and win the medal. As we all know, it is very difficult to eliminate all bias even when we try to do so. I am again concerned that if we are not aware of the pitfalls of bias and the way that bias can occur, then we ourselves as judges may become guilty of unethical conduct. This can happen because of our particular relationship with a given athlete, with a given coach, with a given city, with a given nation, or any of the other factors which tend to make us not view all performers with the same objective eye. As I stated at the beginning of this editorial, I am not accustomed to preaching, nor do I feel very proficient at it, but I do feel that from time to time each and every one of us has to stop and take stock in ourselves and our convictions—for what we do and why we do those things in the manner in which we do them. I feel that by periodically reassessing ourselves as far as our gymnastics philosophies and resultant conduct are concerned we can become more ethical, more professional and more effective as our gymnastics activities

World Cup 1980

Francis Allen

We went to Toronto, Ontario on the 12nd of October and trained for two days in a nice, large gym with three different group rotations. One day would be the Japanese, U.S.A. and Hongkong and the next day it would be France, Bulgaria and Canada. This is the way the rotation went for the two day practice so that all teams could get a good look at each other.

The equipment at the gym and Arena was supplied by Speith Anderson and was quite good. It is beginning to look like AMF. The new spring floor was two sets of plywood, one on the top and one on the bottom with air balls between the foam. It is slower than the floor in the United States but other than that the equipment was very acceptable.

The competition was held in Maple Leaf Garden on the 19th Olympic Festival and the competition went off pretty smoothly. Hartung started on rings and did a very nice routine. He scored a 9.45. Edward Asaryn was third up after Hartung. He had no strength point, no press hold point and the same basic dismount as Hartung but scored 9.7. This just kind of states the general trend of scoring with the continental block judges, really pumping their gymnasts scores.

Hartung's next event was vaulting. Nice double front with Noeue. Scored 9.65. Parallel bars was the next event. He had a nice routine with a good landing on the dismount. Scored a 9.7. The high bar was his next event. Took a good hand drop on the Noeue Udd dismount. A 9.5 scored, a 9.8 up to that point. Scored a 9.5 on floor exercise. Jim dislocated his thumb three times during the floor routine. His problems started with the Noeue Udd, but was able to get off with a 9.5.

The Doctor and I checked his thumb, took it and taped it. Jim did his routine on pommel horse and scored a 9.65. Up to that time it looked as if he could be in the top 2 even after the judge's scoring.

One other judging point, on parallel bar you must have a hang on glide C for every country but Russia. Russians do it wrong and it would not be taken off. Very obvious.

The general feeling and impression was that Hartung made a good impression on the other coaches and crowd. Hartung made faults in three or four events, but we had to scratch him because of the color and swelling of his thumb before finals.

I think we made closer ties with Japan and China but Russia stayed at their general aloofness and awayness. Bulgaria was just Bulgaria. I think we are close to being a favored team with Canada.

I would like to say something about Susie Kellums. During one of the practice sessions, she occurred a double back on the floor and got a medium to severe whiplash. She really snapped head, it really rang her bell. Her coach and I decided to have the Doctor look at her and he agreed to whiplash and advised her to drop out due to memory loss and eye blurriness. She was really ready for competition and would have done okay. This is just an outside observation from a men's coach and that's the story of Susie Kellums.

The Canadians ran a good meet. They could take a few lessons from the United States, however, on how to help competitors and coaches enjoy each other more at the competition. There were no plans for banners or celebrations. I felt that they did not promote friendship as much as they could have.

Thanks to the Federation for sending myself and Hartung to this World Cup.

WORLD CUP '80 (MEN) INDIVIDUAL RESULTS

Name	Team	Floor	Parallel	Rings	Vault	P. Bar	H. Bar	Total
Makuta, Boyden	USA	1 08 400	1 08 800	1 08 750	2 0 780	1 08 600	1 08 4	
Asaryn, Edward	USA	2 08 750	2 08 700	2 08 750	0 08 600	3 0 750	2 08 000	2 08 0
Gushken, Karl	JPN	0 08 700	2 08 700	4 08 650	14 08 450	5 0 650	2 08 000	3 07 0
Bruszkow, Roland	GDR	1 08 600	2 08 700	7 08 600	1 08 350	17 08 300	10 08 000	4 27 0
Li, Yuxin	PRC	4 08 600	14 08 350	13 08 300	7 08 650	1 08 000	2 08 000	6 07 7
Nikolay, Mikhail	GDR	11 08 400	12 08 600	0 08 600	4 08 700	7 08 000	7 07 500	6 07 5
Nishiki, Toshimori	JPN	0 08 700	5 08 650	4 08 650	19 08 350	14 08 450	2 08 000	6 07 0
Kayayake, Hiroji	JPN	0 08 700	0 08 600	4 08 650	1 08 750	14 08 450	17 08 000	6 07 4
Conrath, Patrick	USA	12 08 350	5 08 650	11 08 450	10 08 300	7 08 000	0 08 000	6 07 2
Tabeck, Jim	TCH	1 08 850	19 08 100	0 08 650	4 08 700	7 08 000	13 08 400	6 07 2
Hartung, James	USA	13 08 300	5 08 650	11 08 450	7 08 650	3 07 000	10 08 000	11 07 0
Hoffman, Luke	GDR	20 08 150	11 08 650	12 08 350	0 08 600	13 08 600	2 08 000	13 06 0
Huang, Yuhui	PRC	16 08 250	16 08 350	2 08 750	13 08 300	5 08 000	12 08 000	13 06 0
Long, Warren	GBR	0 08 550	18 08 300	10 08 300	4 08 700	7 08 000	10 08 000	14 06 7
Gauvionghy, Sydergi	HUN	10 08 650	1 08 750	17 08 350	0 08 600	7 08 000	19 08 000	10 06 0
Boulard, Michel	FRA	13 08 300	5 08 650	17 08 350	17 08 350	13 08 000	14 08 000	10 06 2
Pelloni, Flaminio	ITA	16 08 300	14 08 350	0 08 600	18 08 400	10 08 000	11 08 000	17 06 1
Chiquet, Jean	GBR	16 08 300	18 08 300	10 08 300	14 08 450	7 08 000	20 08 000	17 05 0
Chen, Gerardo	GBR	13 08 300	13 08 400	17 08 350	20 08 000	20 08 000	0 08 000	16 05 0
Gaudet, Darryl	CAN	16 08 250	20 08 550	20 08 000	17 08 350	14 08 450	18 08 000	20 05 0

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INITIAL INJURY MANAGEMENT: ICE

**James G. Garrick, M.D.,
Medical Advisor, USGF**

The majority of gymnastics injuries—like those in virtually every other sport—occur at the least opportune times. Rather than happening during meets when physicians, trainers, or paramedics are often present, the injuries occur during workouts—in better than nine out of ten instances. In many cases, the severity of the injury and the ultimate length of disability are determined by the initial management and how rapidly it is employed. Thus it behooves the coach to be familiar with just what constitutes proper "initial treatment" because in all likelihood he or she will be the person who will have to carry it out.

The cornerstone of early injury management is ICE—ice, compression, and elevation. Although everyone in sports should be familiar with this concept it appears that in at least one-third of the cases it is ignored. Delay in instituting the ICE regimen for as little as 24 hours can mean additional days and sometimes weeks—of time lost from workouts.

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The medical principle behind icing is that cold results in vasoconstriction (i.e. narrowing the blood vessels) and thus less bleeding and swelling. Virtually every acute injury results in the tearing or rupture of small blood vessels. Left alone these vessels will continue to bleed until the pressure in the surrounding tissue reaches that within the vessels. In locations such as the ankle this can mean rather extensive bleeding. The combined use of ice and compression decreases the bleeding in two ways, by slowing blood flow (through vasoconstriction from icing) and by artificially increasing tissue pressure by compression.

Of course, once the bleeding has ceased the "golden period" for initial treatment has passed. This is not to say that ice and compression applied six or eight hours after the injury doesn't help, as indeed this treatment should be continued incessantly until the swelling has stopped (giving worse), however, the earlier the treatment is started, the more effective it will be.

Getting the cold to penetrate to the depth where the bleeding is occurring requires time—at least 20 minutes. Thus the ice should be applied for at least 20 to 30 minutes every three or four hours—usually for the first 24 hours following the injury. Between "icings" a compression wrap should be applied.

Cold is best applied in the form of crushed ice in a plastic bag. A single layer of a wet elastic wrap is applied, followed by the ice bag which is held in place—firmly—by the remainder of the wrap.

Crushed ice is not only the most effective means of applying cold but the cheapest as well. The chemical, "instant" ice packs do not usually last long enough to allow the cold to penetrate and, in addition, are appreciably more expensive. The reusable gels that are kept in the freezer can cause burns because they become as cold as the freezer—usually well below 32° F. These are contraindicated in "ice-burns" (i.e. actual freezing of the skin) especially when held in place under any pressure.

Crushed ice also has the advantage of being readily available. Used refrigerators—with freezing compartments—are usually available at appliance stores or thrift or Goodwill stores—often for \$50 or less. With a refrigerator and ice trays available in the gym, all the components for proper initial injury management are at hand and can be utilized immediately after the occurrence of an injury.

While the immediate application of ice is perhaps most critical, continuing the treatment after the athlete leaves the gym is important as well. The gymnast (and parents) should be instructed in repeating the process every four (working) hours. It is erroneous to assume that the emergency room or hospital will instruct the gymnast on the use of ice or compression as this is frequently not the case.

Finally, deciding which injuries should be treated with ICE should be no problem. ALL injuries should be initially treated in this manner. Later, after swelling has subsided either heat or cold might be used in the treatment. Initially, however, the application of heat is rarely indicated whereas the application of cold is always appropriate.



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The Austrian Exhibition Tour

Ken Allen, Men's Gymnastics Coach

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Overall, I believe the trip was very successful. We demonstrated a high level of gymnastics, outstanding at times and not as outstanding at others. We showed people that we can have fun at gymnastics and that we do, in fact, enjoy what we do. Some of us even began to learn to not get so upset with ourselves when we didn't perform so well and to even smile when we felt a little hurt inside. I believe that, for the most part, we were very positive ambassadors for America and American gymnastics.

Throughout the trip we endured the usual hassles of travel very well. Our accommodations included a modern Viennese hotel, a beautiful dormitory in Linz, and a typical "small town in Austria" hotel in Völsberg (near Graz). We had three very accommodating young people (aged 20-30), who are themselves involved in sport, hauling us around Austria in their Volkswagen van. Eric, Peter and Rene were invaluable to all of us and actually appeared to enjoy having to put up with us for the week. The local was General Coaches, please forgive us!

The purpose of the tour was to promote the sport of gymnastics in Austria. We were told that the Austrian sports federation, WAT, put up \$100,000 to bring us and Kurt Thomas to perform. There were also some political ramifications to our presence. Last year the Chinese performed a similar tour. Next year the Russians are being asked. And, in order to maintain an East-West balance, the Japanese are being considered for the following year. We performed to a crowd of 6000 in the Stadthalle in Vienna, a standing room only crowd of about 3500 in Linz, another standing room only crowd of about 2500 in Völsberg and were well received by the people everywhere.

In Vienna, our performance was part of a big sports show which included roller skating, skateboarding, rhythmic gymnastics, young people's group performances, a mother-child gymnastics program and some old time mass exercise routines. The first hour of the Sunday afternoon show was being televised live and featured our gymnasts on the more exciting events. The overall con-

duration of the show was pretty good but the combination of the TV people, the rigid time schedule, the language barrier, the non-so-gymnastically oriented crowd, and our preparations on the strange equipment produced a rather average performance on our part. We had worked out at the University of Vienna on Friday but it was just a "get-the-hunks-out" sort of session. At the Stadthalle, the training equipment we started out on the day before the performance included a pommel horse with one square and one round pommel, a set of P.E. parallel bars which were raised minimally to about shoulder height, six Braun Markers, the crusher floor was set up but we only had thirty minutes to work on it because all the other groups had to go through rehearsal, and then there were the old crusher boards. We asked for better equipment and the organizers and workers went out of their way to accommodate us. As it was throughout the trip, it was never necessary to get upset at our hosts. The level of organization differed but we were always sure that the Austrians wished us to accommodate us.

Our experience in Linz was one of the most memorable I will ever have. The organization was magnificent. The facilities and equipment were excellent. Our only complaints could be directed toward the floor which was Reuther (the same at every stop) and that is only because we are used to working floors with a little more softness. From the vice mayor to those who moved mats for us all the people in Linz took a personal interest in us. The organizers were with us at every meal and made great efforts at getting to know all of us. In the two days we were there we were made to feel as though we were part of a very close family. Our performance reflected the feelings which were generated here. It was fantastic! We had very close to 100% hitting and the level of performance was very high. The audience was the most knowledgeable we had encountered as evidenced by their applause for exceptional virtuosity and high level skills. We were made to feel we could do no wrong.

We arrived in Völsberg on Wednesday evening around 7:00 p.m. after having left Linz at 9:30 a.m. We did take a side trip up into the ski hills by Bad Mitterndorf but there was only enough snow on the slopes to slide down on our backs. There was a relatively short reception when we arrived and afterwards we went to the gym to look things over. That was about all we had energy for. The equipment was not as good as in Linz but we were learning to make adjustments well. By this time the effects of the entire trip were pretty well catching up with us. With the exception of a couple of hours of free time on Tuesday afternoon prior to the Linz exhibition, our time was filled with eating, training, sightseeing, shopping, socializing or traveling. I am sure everyone enjoyed all of what we were doing but it was exhausting. We checked into our quaint hotel with community bath and W.C. and most everyone hit the sack early.

Thursday was spent shopping, resting and making plans for our finale. By this time we were old hands at show business and were we ever getting geared up for the

Continued p. 11

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Austrian Exhibition Tour (Con't)

"higher side" of gymnastics. As hard as the guys and girls tried Thursday night they had a difficult time with their normal gymnastics routines. We decided to water down a bit in order to stay safe and put on a "clean" show. What we didn't succeed in doing gymnastically, we made up for in comedy. Brian Meeker and Susie Van Slyke did a tag team floor set with Brian doing the tumbling and Susie doing the dance. Then Mitch Gayland and Sharon Shapiro learned up on reverse rules. Mitch's makeup job was great. Brock Griggs did a bar routine with great style and Rick Atkinson did a super uneven bars routine. Kelly McCoy performed a set of giant swings on high bar and Lynn Lederer did a good imitation of a man's parallel bar set. The people loved it and we had a great time doing it.

Before our tour started, I had high hopes of accomplishing something gymnastically during our training and exhibitions. Realistically, it was difficult at best to do more than maintain conditioning, provide hints for getting the most out of different equipment, and provide a few cues for general improvement of performance. I suggested that we try to do some compulsory work but it was not possible to approach this in an organized fashion. Some gymnasts did do compulsory pons and sets on some events and I did try to make some suggestions but it was very hit and miss.

Some of the adjustments we had to make included working the hard rubber floors at all stops. I didn't observe any more difficulty on takeoffs than we might have on our own floor mats (not spring floors) but no one enjoyed the landings very well. They were hard and had a tendency to make the gymnast come out of their soccer-swinging skills a little early in anticipation of the landing. In Vienna, we were fortunate to be able to ask our hosts to place an additional thin foam layer on top of the rubber system. It just happened to be lying around. The pommel horses were always covered with leather and with one exception were good to work. Our gymnasts have to work with their legs further aside than they are used to in order to clear the diagonal legs. Rings was the weakest event for us throughout. We had none in Vienna. Lane was not bad but the leather straps caused some discomfort. In Yonkers, we did not have as much height as we are used to and Tom Hardin could not work. The other guys had troubles with the straps, sleeves which did not turn well and discomforts which were a little short. The parallel bars were generally stiffer than ours and one set was rather "fat." Everyone's training had to be more precise and they had to "work" the bars a little harder than usual. The horizontal bars we worked also seemed a little stiffer but the problems in adjusting were minimal. The landing mat situation left a lot to be desired. We either had big fat mats (12" or more) which made landings safe but unwieldy or there were 4"-6" mats which had to be constantly moved around from men's to women's events because there were only two at the first two sites and none at the last. It was always possible to create a safe situation and for that we were grateful. All of us felt very relieved that we incurred no injuries on the entire tour.

The gymnasts were, without exception, very well conditioned. They were a mature group of "guys" who handled

themselves in an exemplary fashion. They were receptive to suggestions both in and out of the training situation and offered suggestions in a very positive fashion as well. As a group, we seemed to be fairly, occasionally, of expecting someone else to pick up after us—perhaps part of the American way of life. I think it is something we need to be more sensitive to especially when travelling to other countries. Also, I would suggest that all gymnasts work at developing a checklist of things to carry with them and go over that list prior to departing for any site of competition, exhibition, etc. There were occasions when important items were left behind.

Brock Griggs provided us with steady performances and a tremendous amount of leeway throughout the trip. He possesses good leadership qualities and is well respected by his teammates. We led off all exhibitions and all events with Rick Atkinson, the only jumper with us. He usually got us off to a good start and his floor exercise was particularly powerful. Carlos Spivey was the only gymnast I did not know or had not worked with before the trip and, admittedly, I initially underrated him. As it turns out, I find him to be one heck of an all around man. He is very dynamic on floor and vault, swings extremely aggressively on pommel and parallel bars, has impressive strength on rings, swings well on bar, and does great come impressions on long trips on the vault. His teammate from UCLA, Mitch Gayland, was another exciting gymnast with us—definitely an up and coming star. Mitch performed well and was particularly exciting for all to watch on horizontal bar. I think everyone was always amazed at Tom Hardin—how big he was and yet how strong and powerful he was on all events. His big toothy smile went a long way in endearing us to the audiences. Brian Meeker was like a grasshopper—always full of energy no matter what the conditions or how he felt. He took the initiative to lead warmups most of the time, never complained about any adverse conditions and excited the crowds with his tumbling and pommel horse work in particular. I hope you will get the impression that this was a great group of guys to be with.

I believe we all felt that it was a very positive trip. We projected a very positive image for the sport of gymnastics. We learned about a nation from another part of the world and in the process I hope, a little about ourselves. We all got to know each other better and I think that will help all of us in future training and competitive situations.

There are always many people to be grateful to for such a great experience. We all owe a great deal of thanks to Rick Kennedy and Gyn Kim for providing us with warmups. Because some assignments for this trip were made at the last minute, Gyn Kim had a major task in coming up with the warmups. Rick Kennedy drove to Kennedy Airport and made sure we had everything. I am not sure there are too many companies that would provide this type of service. Roy Kautzer was our Chief of Mission and thus was my first opportunity to meet this great lady. She epitomized the spirit of cooperation and was a great ambassador for us. Es least mich sei kennen zu lernen, Roe.

The Shoulder Impingement Syndrome in Gymnasts

Neal C. Small, M.D.

Shoulder pain in gymnasts is a frequent cause of lost practice and competition time. Recently in orthopedics and sports medicine we have been able to define specific causes of painful shoulders in athletes. Previously these problems were labeled as bursitis or tendinitis or perhaps even muscle pulls. One of the problems which has been found to be quite common in the athlete whose activities require repetitive overhead use of the arm is the impingement syndrome of the shoulder. It is seen quite frequently in sports other than gymnastics such as in pitchers, quarterbacks, tennis players and swimmers (particularly those who swim the freestyle or butterfly).

In gymnastics, several activities seem to be associated with a relatively high incidence of shoulder pain. In male gymnasts performing on the rings, the inflexor maneuver seems to be associated with an increased incidence of shoulder pain. In both men and women, the eagle grip also seems to be frequent cause of shoulder pain. In using the eagle grip during routines on the high bar for men and the uneven parallel bars for women, a rotational arc of virtually 360° is achieved. The first 180° of this arc is elbow pronation beginning at the position of full supination. The other 180° of this arc of motion is internal rotation of the shoulder which is in the fully abducted position (i.e. fully overhead).

The position of abduction (overhead), forward flexion and internal rotation of the shoulder has been shown to cause impingement of the greater tuberosity of the humerus against the coracoacromial ligament and the under-surface of the acromion. Figure 1 shows the pertinent anatomical structures necessary for understanding the impingement syndrome. Figure 2 shows a gymnast on the rings with the shoulder in the position of maximal impingement of the proximal humerus against the coracoacromial arch. In addition, the biceps tendon has been shown to impinge against the coracoacromial arch in this same position. Recent work has shown that there are areas in both the supraspinatus tendon and in the biceps tendon which have inadequate blood supplies and are rather prone to develop inflammation and later degenerative tears as a result of this impingement. If allowed to persist, the degenerative changes may progress to ruptures or tears in the supraspinatus portion of the rotator cuff or the biceps tendon.

The symptoms of the impingement syndrome are aching in the shoulder after practice or perhaps even after a specific routine during the practice session. When the pain becomes noticeable during the routine, then performance is obviously affected. The findings on the physical exam are well known to orthopedic surgeons seeing athletic injuries.

The prevention of a shoulder impingement syndrome is important knowledge for all gymnastic coaches. Careful warmup and stretching exercises are important prior to any workout. These exercises must include range of shoulder motion in all arcs for a minimum of 2 minutes. In an athlete who has experienced shoulder pain of the impingement type in the past, the shoulder should be warmed with a hot moist towel, hydrocollator pack, or even a heating pad prior to the warmup. A neoprene rubber shoulder sleeve may be helpful if worn during the workout. This device provides constant heat to the shoulder by retaining body heat during the training session. Following the workout the shoulder should be iced with an ice pack for 10 minutes. This diminishes the inflammatory reaction.

If there has been no response to these simple methods of treatment which can be initiated by the coach or trainer, then physician intervention is necessary. A short course of oral anti-inflammatory agents may relieve the symptoms. Some patients may require an injection in the area of impingement to reduce tissue swelling, hence lessening the impingement. In rare cases no response to the above measures occurs and surgery is considered. In some cases merely a simple surgical release of the coracoacromial ligament is necessary, while in others additional corrective surgery is required to relieve the impingement.

Figure 1

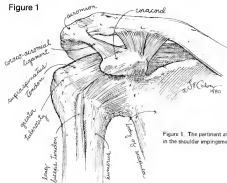


Figure 1. The pertinent anatomical structures involved in the shoulder impingement syndrome are shown.

Figure 2

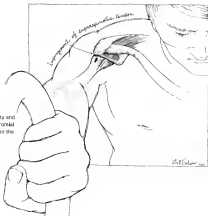


Figure 2. The impingement of the greater tuberosity and supraspinatus against the acromion and coraco-acromial ligament is illustrated by this gymnast performing on the rings.

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The Second European Championships

Modern Rhythmic
Gymnastics

Hana Christie

Championships

The Second European Championships in MRG were held Oct. 24-25-26, 1989 in Amsterdam. There were 42 competitors from 21 countries in the individual competition and 15 countries participated in the group events.

The individual competition consisted of 4 events, rope, hoop, ribbon and clubs. The groups performed with 5 balls and 3 ribbons.

The strongest team this year came from Bulgaria and won all the first places. The winner of all-around and the finals with rope, hoop and clubs was Elena Raeva. Her placement was well deserved. She combines perfect physical disposition with good technique of apparatus. Her routines set racing, full of speed and high turns. She looked confident and went through the entire competition without major mistakes.

Second place in all-around went to Liliya Ignatova. This 16-year-old Bulgarian became a new star in the world of MRG. We had the opportunity to watch her in March in the Czech Invitational meet when she won the all-around after placing 10th in the same competition just one year before. She now has the potential to challenge the best.

The Russians sent Elena Tomas, well remembered from the last World Championships in London, and also Inessa Lisovskaya. Elena's routines were marred by several mistakes which deprived her of a better score, while Inessa, originally a substitute, displayed a lot of talent in her elegant performance.

Daniela Bosanika from Czechoslovakia won a bronze medal with her rope. However, when the judges placed her 4th for her brilliant club routine, the storm of protest from the near-capacity crowd resulted in a serious delay of the proceedings. The second Czech competitor, Zuzana Zvezka, with well received hoop and rope routines, placed 5th and 6th in these events.

Representing the Western European countries in the finals were Carmen Fischer and Regina Weber from West Germany; Susana Mendizabal and Sonia Conde from Spain; Mariela Agnolucci from Italy and Jobe De Boer from Holland. These six girls proved that the gap between West and East European countries in MRG is finally disappearing.

The group competitions were the ones we were most anxious to see. The new combination of 3 ribbons and 3 balls the opportunity for a lot of creative choreography. We saw some interesting combinations in almost every routine. First place went to the Bulgarian team for the best composition with unusual formations and exchanges executed with a high degree of precision. The Russian routine was different than the one we used to see at the previous World Championships. It did not have the almost absolute unity as before, but the choreography and formations were interesting. The Czechoslovakians, who won the bronze medal, had a well balanced routine

and very good original music. But the two performances I saw were marred with minor mistakes. The East German routine was "playful" and at the same time harmonious. The Norwegians impressed me with very accurate work with the apparatus and an overall feeling for the group. The Hungarian routine had interesting elements when one girl worked with 3 ribbons on 3 balls. Going down the list I could notice something original in each competition, but the execution just simply disclosed insufficient practice time. I believe that after this experience the teams will concentrate even more on flawless execution and that at the 1990 World Championships we will see a very close competition.

Results:

Rope	1	L. Raeva 19.80	Clubs	1	L. Raeva 19.80
	2	E. Tomas 19.55		2	L. Ignatova 19.50
	3	D. Bosanika 19.20		3	I. Lisovskaya 19.40
	4	I. Lisovskaya 19.15		4	D. Bosanika 19.00
	5	L. Ignatova 18.95		5	E. Tomas 18.90
Hoop	6	Z. Zvezka 18.05	Ribbon	6	S. Mendizabal 19.00
	7	G. Richter 18.00		7	G. Richter 18.90
	8	R. Weber 18.00		8	R. Weber 18.85
	1	L. Raeva 18.70		1	L. Ignatova 18.60
	2	L. Ignatova 18.45		2	I. Raeva 18.50
Groups	3	G. Richter 18.15	Ribbon	3	I. Lisovskaya 18.30
	4	I. Lisovskaya 18.05		4	S. Mendizabal 18.90
	5	Z. Zvezka 18.00		5	S. Conde 18.85
	6	S. Conde 18.80		6	J. De Boer 18.75
	7	M. Agnolucci 18.50		7	G. Richter 18.65
Groups	8	R. Weber 18.45	Ribbon	8	M. Agnolucci 18.80
	1	Bulgaria 38.300			
	2	USSR 38.425			
	3	Czechoslovakia 37.875			
	4	Hungary 36.300			
	5	East Germany 35.000			
	6	Poland 34.850			
	7	Norway 33.025			
	8	Spain 36.025			



National Awards System

Linda Chencinski

Women's Committee, Chairman

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The USGF Eagle Logo is on the face of each medal. The State and Regional awards are 2", the East/West Championships and Junior Olympic Nationals are 1 1/2" and the Elite medals are 3". The reverse of each medal indicates the specific event as follows:

Class I, II or III State Championships, Junior Olympic Regional Championships, Junior Olympic East/West Championships, Junior Olympic Elite Championships
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The medals for State and Regional meets will be paid for by the Meet Directors until such time that the USGF can secure a sponsor. All Meet Directors are encouraged to find individual medal sponsors.

The medals for State and Regional Meets may be ordered with the following options:

- 1 \$8.00 basic medal (1, 3-6 place)
\$3.00 2nd place nickel silver medals
- 2 \$1.00 Neck Ribbon for presentation
- 3 \$.55 Engraving—includes Place - 1st
Event - Balance Beam
Division - Children
- 4 \$2.25 - 1 1/2" bronze medal on drape for 7-16th place
\$.40 Engraving

Therefore, the Meet Director may decide to give only a medal, or a medal presented on a neck ribbon, or the medal with neck ribbon and engraving. Each item can be ordered separately. If the Meet Director orders more awards than needed, he may return them to the Regional Chairman for reimbursement. Only Medallic medals may be presented for State Meets and above.

The Junior Olympic Committee has established the following guidelines for presentation of awards:

- When there is only 1 gymnast in a division
Award 1st place All-Around only
- When there are 2-4 gymnasts in a division
Award 1-2nd Place All-Around and 1st Place each Event
- When there are 5-15 gymnasts in a division
Award 1-3rd Place All 5 Events
- When there are 16-50 gymnasts in a division
Award 1-6th Place All 5 Events
- When there are 51 or more gymnasts in a division
Award 1-16th Places All 5 Events

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Official Guidelines for Practice Judging in Women's Gymnastics

Varina French Certification Coordinator

Acknowledgement

Thank you to Mary Van Grouen for submitting the basic plan to the Joint Certification Committee.

PURPOSE: (1) To improve the knowledge of the judge in the application of the rules and officiating of the sport through a fair and consistent experience for all practice judging.

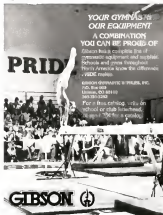
(2) To prepare the judge to become a higher rated official without disrupting the efficiency of the meet.

Once a judge has an active rating, he/she must meet the requirement of the certification committee for practice judging by following the procedures listed.

1. Notify state NAWGJ Chairman of availability to practice at selected meets before the day of the meet he/she is requesting as practice judge. Showing up the day of the meet and requesting to practice judge, can, and in most cases will, receive a denial. Do not contact the meet director directly.
2. The assigning official will check with the meet director as to the feasibility of practice judges at that meet and will inform the practice judge of the decision. Ideally this should be done early in the gymnastic season.
3. The meet director has NO responsibility to the practice judge. The practice judge assumes responsibility for his/her own travel, lodging and food and is not paid for his/her expenses.
4. Practice judge must wear the official uniform if he/she possesses one, or an appropriate dress code set by the state.
5. The practice judge must come to the meet with all necessary supplies (paper, clipboard, pencil), be on time, and receive directions from the meet referee and/or head judge. The meet referee and/or head judge will conference with the practice judge prior to the start of the meet so that placement on the floor can be assigned.
6. The practice judge must judge all sessions on a given day of competition, i.e. if a meet consists of three sessions the judge must practice at all three sessions. If a two day meet, the judge will record two judging experiences. A judge must move to a different event each new session or rotation.
7. One practice is preferred in oval and triangular meets, however two may be assigned due to geographical location at the discretion of the assigning official. Only one practice judge per event will be allowed at larger meets.
 - a. Class I judges must practice judge with an elite judge at a Class I meet as a meet referee or head judge.
 - b. Class II judges must practice judge with a Class I judge at a Class I or higher meet.
 - c. Class III judges must practice judge with a Class II or Class I judge at a Class II meet.
8. Class III judges will not practice at a Class I meet without prior consent from the state judging chairman.
9. Compulsory or Optional meets are acceptable.
10. Practice judging of a meet where you are a coach or relative of a participating gymnast is not permissible. If a location problem occurs, contact your state judging director for other assignments.
11. Specifically the practice judge shall:
 - a. sit with the head judge of assigned event at assigned seat or place on the floor.
 - b. judge every routine and record the score.
 - c. make notations, direct any questions to the head judge after the completion of the session.
 - d. enter confederations but refrain from any comments, also refrain from relaying any conference information to anyone.
 - e. act in a professional and ethical manner throughout the meet.

NOTE

It is highly recommended that the Class I judge assume leadership responsibilities in their region by assisting with educational clinics/workshops and further to set high ethical standards for all other judges.



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World Cup '80— Maxi-Judges Games

To Promote an open Forum for gymnastics Articles, the USGF will carry articles from responsible contributors. They in no way reflect the opinion or position of the USGF.

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Dave Neilson

"Imagine" . . .
It's easy if you try
Imagine
There are no countries
Imagine . . .
No need for greed
Imagine all the people
Sharing all the world . . ."
—John Lennon

Imagine in your mind a personal concept of a top-notch, world-class female gymnast. Imagine her small, slightly under 5' tall, excellent strength-to-weight ratio—her frame and muscular development an natural, healthy proportions— aesthetically pleasing. Imagine she carries herself with the posture and basics of a talented student of ballet. Imagine she can work bars without a peer, vault and work beam with the best in the world, and she can tumble . . . oh, how she can tumble! Imagine her hard-working, maybe even dedicated to a fault, her basics complemented by superb position—beam with great technical lines, and she competes with unrivaled CONSISTENCY!!

Imagine in the last year of international AA competition she has had 12 for 12 at the World Championships in Ft. Worth—12 for 12 at the Olympics in Moscow—and again 4 for 4 at World Cup in Toronto—consistency matched by no one at her difficulty level.

Her bars—unquestionably the world's finest: . . . *ALL* casts, free-hugs, stalkers, and back-uprise done exactly to *HANDSTAND*—with a free-hip to front with a 1/2 dismount above the bar, open tuck, and a feather landing. Yet, in Ft. Worth the AA champion was Nellie Kim—who had a bar routine which resembled a compulsory. We love ya Nellie, but . . .

Her floor—and let's concentrate here on just tumbling—mounts with full-in back out, 2nd pass a just a triple-full, and the dismount is a sack double back. However, the AA winner in Moscow, Deyodova, mounted and dismounted with double-fulls on each pass.

Her beam—masterfully designed, a fluid routine with high tumbling and dance flowing together. The dismount—a fully completed round-off double-reverse—ac-up for height and rotation before beginning the twist. And in Toronto, first place in World Cup's optional—only AA competition went to the Soviet Union's Sella Zakharova. That's right folks . . . Sella, another "McSoviet" victory. Sella had more form breaks in one beam routine than Maxi Gnauck has had in 3 international competitions— at least 28 straight routines. Zakharova scored 9.9 on floor with obvious form deductions in tumbling, and her dance . . . well it looked more "like she was signalling, trying to park a 747."

Guest Opinion

Once again—this time in Toronto at World Cup '80, East Germany's Maxi Gnauck—the world's finest female gymnast since Montreal—took her 3rd-in-a-row silver medal in the AA competition. She has been the top gymnast in Ft. Worth, Moscow and also in Toronto. The official meet results as read in Toronto's Saturday paper were: AA Champion Sella Zakharova, 2nd - Maxi, 3rd - GDR's Nellie Reuter and in 4th - China's Zheng Zhu.

However, a truer picture of the results for the women's gymnastics competition went: Maxi in 1st, Zhu in 2nd, Ted was Reuter and 4th was Elena Naimanina from the Soviet Union. One remembers back to the summer of '76 when Nadia's dominating victories brought controversies from SPORTS ILLUSTRATED, TIME and NEWSWEEK, as well as all periodicals from within the gymnastics world. We suppose Maxi has had need for such personal adulation . . . but c'mon folks at least let her win . . . may be just once . . . she is, after all, only the best today . . .

But alas, how can one merely point to Maxi. Again, the judges . . . these international goons . . . capotled, prodded, brain-washed, paid-off or corrupted—did a horrible job, an injustice to the competitors and coaches, as well as the audience. For China's Zheng Zhu, they kept her down in the AA (4th officially) but also had the gall to keep her out of event finals on perhaps her 2 best events—beam and floor. Zhu's potentially precise ballet on beam and floor are simply *chines* on dance in gymnastics. Her beam tumbling—round-off lay-out sup-port and dismount cartwheel sack back to bounding tuck-full—were awesome. And her floor music was byronic; artistic gymnastics' true inner soul is never felt more than by watching Zhu combine her balletic grace and triple-full highlighted-tumbling performed to fully orchestrated oriental music with a slow tempo, solo violin lead-in . . . making one feel they were watching a classic painter's canvas come to life. . . . Remember, neither routine made finals on Sunday night (top 8), and her beam was the finest in the competition . . . both routines scored 9.45 . . . obviously the judges were again using their copy of the "Mystery Supplement" to interpret the '80 FIG Code.

Actually, the most unfortunate part of this international competition was there were only 40 gymnasts total in the men's and women's competition. At our last major international meet in Ft. Worth the gymnasts, seated together in their end-zone seats at TOOC and feeling strength in numbers, combined their vocal efforts to let the judges know, at least, how they . . . the world's finest gymnasts felt . . . about the obvious judging rail-roading which fell upon some top gymnasts. However, without this mass unity of gymnasts in Toronto, this responsibility because that of the audience. Yet, only a few isolated voices rose from the crowd in defense of a crucified gymnast. We yelled at first, trying to ignore the folks seated around us with a little verbal "rum-shure" upon these judges', but finally without crowd support our effort was reduced to sarcastic laughter, a feeling of "well, the meet officials are worthless, the judges blew the bid all this

Continued p. 21

1980

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World Cup '80—Maxi-Judges Games

one, too!" And a dedication to write and report our results of the competition seeing anyone who would read, verbatim, the next results would be reading a pack of lies.

In this confusing Olympic and political year, the maxi format for World Cup '80—although described differently from each source—were something along these lines: the competing gymnasts were selected by the FIG from the final AA standings at the 79 World Championships in Ft. Worth and/or '80 Olympics in Moscow. 20 male and 20 female gymnasts competed in Toronto, however, 8 men and 11 women who placed top 24 in either competition (many who were multiple-medal winners) withdrew for various reasons. Their replacements were either another representative from that particular country or the slot was filled with a national team member from Canada.

The World Cup is an AA optional-only competition designed and sponsored by the FIG, supposed to highlight the world's top 20 individual gymnasts rather than nations. However, in the brief 5 year history now, we find one nation alone has totally dominated the competition. Previous host sites have been: London-'75, Oviedo, Spain-'77, San Paulo, Brazil-'78, and Tokyo-'79 and the former AA winners, all Russians, include Teschitschew, 2 time winners Andrianov, Dumitru, Filizova and now Zakharova, plus this years new men's champion, Bogdan Makuts.

The maxi format was run in a 5 day style. Friday night featured the men's AA competition, Saturday night the women's AA and on Sunday 2 competitions were held, men's event finals in the afternoon followed by the women's finals that evening. In each competition only one competitor performed at a time allowing the audience a relaxed state of mind to watch all the gymnasts.

The equipment was supplied by Speth-Anderson of Canada. However, even though the color scheme was pleasant, the equipment itself seemed less than world-class. For example: the landing mats were too firm/hard for today's standards of difficult dismounts. Also, many of these landing mats were loose, sometimes sliding around, causing most then one gymnast to fall on 3 to 5 on dismounts, to say nothing of safety. This problem was corrected with some tape for the 2nd day of competition. The vaulting board, clearly out-dated for today's difficulty and again in turn, safety—was wood (Buckner) with a padded top, and the vaulting runway moved too much for proper use/aim. Also, the floor pad appeared to rebound unevenly and scales and handstands seemed impossible.

We heard also Edward Asarian (USSR) was "bouncing-out" when tumbling on the floor mat. But this is certainly no fault of Speth-Anderson, that's clear now. The size of the Russian men continues to be amazing—Asarian, Dumitru, Markelov and Andrianov is no little one. And the East Germans are also bouncers—Buckner, Hoffman and Nikolay. We figure the Eastern Europeans are using one of two philosophies. Either they believe a larger body mass will create more force—and with increased body strength is handle this greater force—establishing them as a heavier greater degree of difficulty—or they are training an end-around, claiming the equipment (rings, high bars, p-bars and vault) "must be raised 6" in a foot or more" above today's FIG maximums so their gymnasts may "safely complete." Yet once the equipment is raised look for the Russian men's train body-type to be a cloned copy

of that of Mr. Li from China. Also all their gymnasts, though having a rough time on PH, will have an extra foot or more of air to flap and twist like mad. And, of course, when the Russian team changes—a couple weeks prior to LA '84—no one else will know, least of all the East Germans who backed the Russians to the hilt.

In the men's competition, as in the women's, the AA title was won by a Russian, Bogdan Makuts. However, unlike women's AA champion, Makuts retired and dethroned the victory. Officially, he was followed by Asarian (USSR) in and Gushiken (Japan) in 3rd. Yet, perhaps only by default did the Russian win, for every other competitor had at least one major break—Makuts was the only one who went 6 for 8. Even though missing from the world's top 20 men were Connor and Thomas (USA), Tkachev, Andrianov, and Dumitru (USSR), Delchev (Bulgaria), Kovacs (Hungary), and Phillip DeLanille (Canada), good competitors and top gymnasts came from Li and Huang (China) and Gushiken, Nishiki and Kageyama (Japan).

In warm-ups we noted that Kageyama and Makuts could be considered the best trained for the competition, but during the competition it became obvious the victor would be the most consistent. Li and Huang both missed on PH—Li on back-moore mounts and Huang on a tuck at the end of "the finest horse-work there." Buckner missed high bar, Gushiken and Kageyama missed p-bars, Nishiki missed Vaulting. Jim Haraway, the USA's only competitor in Toronto, also had a hard move—finishing in 11th and scratching from event finals due to a dislocated thumb, injured Friday night during FX (his 5th event). Too bad, for it was just the right type of international competition for him to shine in.

With so many misses in the AA competition, this helped to mask the "judges game." Late Friday night a friendly "bouncing-party" made up of writers, coaches, judges and officials, convinced the Chelsea Inn looking to surprise and surround any eastern block judge they could locate. In "the judging was a little out of line and perhaps some kind cruxion over drinks with close friends—colleagues, you know—might help persuade these judges (friends) to take more notice of the gymnasts on the podium...and to all this political crap."

In the men's event finals, these judges couldn't hide an Except for HR, on each event the man who finished 2nd, should have won—Buckner and Li are both great floor-men, but Li had Buckner whipped in origidity and should have won despite a hobbled scale in the first competition. Buckner won home somehow over Gushiken or Nishiki without Huang in finals the Japanese men out distanced all on PH. Nishiki's swing work on rings clearly made him the favorite, but Makuts and Huang were champions. And Asarian won p-bars despite a great routine by Li. It's hard to figure how Nishiki placed so in the event finals, high on FX and V, probably won PH/R/PB, won HR all with the same routines and consistency, and he didn't make top 3 in the AA Friday night—or is it so hard—

In fairness to the women judges with the AA competition over, they were right on 3 out of 4 champions in the women's event finals. Man won both bars and FX, and Sella was a world-beater in vaulting. However, even though Filina Naimushina did a flawless beam set, Zhu

Continued p. 22

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World Cup '80—Mad-Judges Games

was kept from finals of the event entirely—and her dance on beam is so nice...)

Women's Highlights: Other top female gymnasts on hand for World Cup were, Maria Filanova (USSR), Lydia Eleric and Gergorich (Romania), and Kharinaa Reanch (GDR). Missing from the top 10 were: Nadia Comaneci, Melba Ruhn, and Rodica Danke (Romania), Natalia Shaposhnikova, Nelli Kim and Yelena Pyler, Marina Predrick and Taty Kellions (USA)—Team: the East Germans 1-2-3 GNauck, Kraker, Rensch look great, solid gymnasts in 4-5-6 could mean a top team. Stelli Kraker had a superb meet and appeared to have a great time...and Rensch bars, FX and V were strong, first drop full pirouette (spun on one axis as the free-hip opened which she completed at handstand!) / The Czechs (Labakova, Marekova, Zernanova) with Cerus look stronger than in Ft. Worth / It doesn't look as the "wonder children" of East and Hungary will develop as they had hoped, and the Russians appear in a transition year and are harder to define / Gergorich is a talented addition to a veteran Romanova team—Individually Gergorich open back from ½ on beam and run to double front dismount were original despite her "cowboy" on the dismount / every female competitor on beam split their leg on all cast handstands / Normashina FX included Russian folk music and dance mixed well with transnational tumbling movements / alarums Romanova FX is designed two-fold, the younger gymnasts dance is closer to "gymnastics movement education" while the older gymnasts progress through classical to pure—Generally, the vaulting definitions, values and/or the judge are out of control, probably both...

Men's Highlights: Individually the highlight of the meet was Yur Jie Li from China. His FX, double twisting-double back and side-on front ½ are "wow" / Gushikova PH, especially body position on one pommel-Russian-downfall, and his kip on rings = V+ / Makuts did a little dance (?) on FX which made no sense / on rings the Russians continue to use the straps on their L's, presses and handstands / the Japanese work on PB continues to be the definition of the team, and they own reverse hecht H2—Team: the Russians continue to be impetuous with their difficulty and consistency, but their technique, form are as mighty haggards to throw away, time for the East / all 3 Japanese and Chinese men looked dynamic!—And too had Ron Gushikova wasn't there...

After reviewing our film of the competition, our negative feelings were indeed pampered. We purposely took films of those we considered—well, who had something to offer. Not even in one clip of footage did either AA champions—Makuts and Zakharova—appear...

Now all fans of football recognize a touchdown. All baseball fans know the meaning of a home run, and those who enjoy basketball can feel the significance of a "wham-bam-on your face Sam-jam!"—yet, being involved liking in gymnastics, I don't know what those judges are doing down there! The international judging were make our domestic problems were marginal. To me there has always been one basic philosophy which judging should be based upon, yet in either code or any judging clinic I've attended—well, not once had it been mentioned. The basic purpose of each judge is not the score, but that

best gymnast that day places first, the 2nd best places 2nd so forth. Whether they score 9.4 or 9.0 is not relative, but correctness in placement is. Too many rules and regulations, too many numbers, too many calculations and interpretations—all needed with split-second decision making accuracy. Not even on film can folks agree even come in "range."

To judge these days one needs the knowledge of a gymnast, a coach, a kinesiologist, a politician, a mathematician, a stringographer, plus have the recall capabilities of highly programmed computer...not to mention perfect 20/20 vision. These qualifications are awesome, but the sport of gymnastic modifies along this same path year after year all the while the legs are confused, the gymnasts and coaches are confused, so much. So we play a simpler game...politics. It is no wonder there is talk of separation—a split in the FIG into eastern and western blocks. But, perhaps a sort of "constitutional convention" called by FIG to re-work and re-write the sports guidelines and specifics could head-off this FIG civil war. Gymnastics has progressed too far, and there is a media spotlight—don't blow it now...

"Imagine...
You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one!"
—John Lennon



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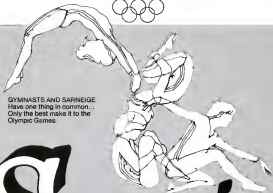
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Caesars Palace Invitational

Francis Allen

The 2nd Caesars Palace Invitational was more of a success than the year before. Thanks to the Nacorn Equipment Company for supplying the fine equipment.

Harving won the all around with a 59.2 which was outstanding, particularly for this time of the year. I have yet to see the HBO showing of the Invitational but

understand it came off real well and should do a lot to promote gymnastics in the United States.

My particular opinion on having the invitational again next year is that, as I said before, it does help promote gymnastics and we need more of this kind of publicity than Caesars Palace offers us.

FLOOR EXERCISE

	1	2	3	4	Avg.	Place
Jim Hartung	9.50	9.50	9.10	9.40	9.30	5T
Chris Riegel	9.50	9.10	9.50	9.50	9.40	3T
Wallace Miller	9.50	9.50	9.10	9.50	9.40	3T
Denise Hayden	9.00	9.50	9.20	9.10	9.15	9th
Ron Galsmore	9.00	9.50	9.50	9.00	9.55	1st
Jim Milus	9.10	9.00	9.20	9.30	9.15	9th
Matt Bispeal	9.00	9.30	9.10	9.30	9.30	4T
Carl Antonelli	9.10	9.50	9.00	9.00	9.15	11th
Phil Cahoy	9.40	9.10	9.20	9.20	9.25	8th
Mario McCutcheon	9.30	9.40	9.00	9.40	9.35	5th
Barb Connor	9.40	9.40	9.40	9.40	9.40	3T

POMMEL HORSE

	1	2	3	4	Avg.	Place
Wallace Miller	9.00	9.50	9.50	9.20	9.50	5th
Denise Hayden	9.10	9.50	9.00	7.00	9.55	7th
Ron Galsmore	9.00	9.00	9.00	9.00	9.15	9th
Jim Milus	9.00	9.50	9.10	9.20	9.15	9th
Matt Bispeal	7.50	7.50	7.40	7.50	7.50	16th
Carl Antonelli	9.10	9.00	9.00	9.10	9.05	5th
Phil Cahoy	9.50	9.50	9.50	9.50	9.50	2nd T
Mario McCutcheon	9.00	9.40	9.40	9.30	9.50	3rd T
Chris Riegel	7.00	7.10	7.30	7.20	7.15	10th
Jim Hartung	9.10	9.50	9.30	9.00	9.45	1st

STILL RINGS

	1	2	3	4	Avg.	Place
Ron Galsmore	9.50	9.60	9.50	9.40	9.65	2nd T
Jim Milus	9.10	9.30	9.00	9.20	9.15	7th
Matt Bispeal	7.40	7.30	7.70	7.50	7.40	16th
Carl Antonelli	9.00	9.00	9.00	9.00	9.00	8th
Phil Cahoy	9.50	9.40	9.60	9.20	9.40	2nd T
Mario McCutcheon	9.40	9.50	9.40	9.20	9.40	4th
Chris Riegel	9.00	9.10	9.10	9.00	9.00	9th
Jim Hartung	9.00	9.10	9.10	9.00	9.10	1st
Denise Hayden	9.30	9.30	9.30	9.00	9.30	5th
Wallace Miller	9.30	9.40	9.10	9.00	9.20	6th

VAULTING

	1	2	3	4	Avg.	Place
Matt Bispeal	9.30	9.10	9.00	9.30	9.15	8th T
Carl Antonelli	9.20	9.20	9.00	9.40	9.15	8th T
Phil Cahoy	9.30	9.30	9.10	9.30	9.30	5th
Mario McCutcheon	9.30	9.40	9.40	9.40	9.40	3th
Barb Connor	9.00	9.70	9.50	9.60	9.60	3rd
Chris Riegel	9.00	9.70	9.70	9.70	9.70	2nd
Jim Hartung	9.00	9.50	9.50	9.60	9.55	4th
Denise Hayden	9.00	9.50	9.50	9.50	9.50	5th
Wallace Miller	9.40	9.20	9.20	9.40	9.25	7th
Jim Milus	9.00	9.40	9.00	9.30	9.30	11th
Ron Galsmore	9.00	9.30	9.50	9.30	9.30	1st

PARALLEL BARS

	1	2	3	4	Avg.	Place
Phil Cahoy	9.40	9.40	9.50	9.60	9.45	2nd T
Mario McCutcheon	9.30	9.00	9.30	9.40	9.25	5th T
Chris Riegel	9.30	9.00	9.30	9.50	9.10	8th
Jim Hartung	9.30	9.40	9.40	9.40	9.40	3rd
Denise Hayden	9.40	9.50	9.50	9.50	9.50	1st
Wallace Miller	9.30	9.30	9.40	9.50	9.35	4th T
Jim Milus	9.40	9.00	9.40	9.20	9.25	9th
Ron Galsmore	9.40	9.40	9.40	9.40	9.40	4th
Carl Antonelli	9.10	7.00	7.00	9.00	7.00	9th
Matt Bispeal	7.30	7.00	7.10	7.00	7.05	10th

HORIZONTAL BAR

	1	2	3	4	Avg.	Place
Chris Riegel	9.00	9.50	9.00	9.00	9.55	7th
Jim Hartung	9.00	9.50	9.00	9.00	9.55	1st
Denise Hayden	9.40	9.40	9.40	9.40	9.40	4th
Wallace Miller	9.30	9.50	9.10	9.40	9.35	8th
Jim Milus	9.50	9.60	9.60	9.50	9.55	2nd
Ron Galsmore	9.00	9.10	7.70	7.60	7.90	8th
Carl Antonelli	7.60	9.10	7.50	7.60	7.70	10th
Matt Bispeal	9.40	9.40	9.00	9.40	9.40	4th T
Mario McCutcheon	9.40	9.30	9.40	9.40	9.40	4th T
Phil Cahoy	9.30	9.30	9.30	9.30	9.30	2nd T

SECOND CAESARS PALACE INVITATIONAL ALL AROUND EVENT

	P.E.	Pommel	Rings	Vault	Par. Bars	Hor. Bar	Total	Place
Carl Antonelli	9.00	9.00	9.00	9.15	9.00	7.70	51.65	8th
Matt Bispeal	9.30	7.50	7.40	9.15	7.15	9.40	49.95	—10th
Phil Cahoy	9.30	9.00	9.40	9.20	9.40	9.50	66.30	2nd T
Barb Connor	9.40			9.40				11th
Ron Galsmore	9.00	9.00	9.40	9.00	9.40	7.80	56.60	9th
Jim Hartung	9.30	9.00	9.70	9.50	9.40	9.50	57.20	1st
Denise Hayden	9.10	8.50	9.30	9.40	9.40	9.40	56.40	6th
Mario McCutcheon	9.00	9.50	9.40	9.40	9.00	9.40	56.30	2nd T
Jim Milus	9.10	8.10	9.10	9.00	9.00	9.40	55.30	9th
Wallace Miller	9.40	9.50	9.20	9.30	9.00	9.30	54.00	7th
Chris Riegel	9.40	7.10	8.40	9.70	9.10	9.30	52.60	5th

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1980 CONGRESS REPORT— WOMEN'S COMMITTEE

Linda Chencinski, Chairman

This was a big election year for the Women's Committee. Our entire Women's Committee personnel were elected from the State Chairmen all the way through to the National Chairman. All of the Women's Committee members voted for new State Chairmen. The State Chairmen, in turn, voted for the Regional personnel and the National committee elected new National Chairmen. I am proud to announce the following National Chairmen to you:

Elite Development Chairman—Roe Kreutzer
Junior Olympic Chairman—Connie Mahoney
Women's Technical Chairman—Debbie Davis

Under the guidance of these National Chairmen, we are sure to see the USGF program grow better and better.

We will not undergo this drastic change in personnel again as the elections are staggered from year to year. State Chairmen will be elected every two years on even numbered years. Regional personnel will be elected every four years in the year of the Olympic Games. National Chairmen will be elected every four years in the year after the Olympic Games.

The Junior Olympic Committee made several changes in the program for this year. In addition to the new Compulsories, they decided to use the new Code of Points. In order to relieve sheer panic, they are allowing a gymnast to enter at any level she chooses for the 1980-81 Season. This will allow a gymnast being stuck in too difficult a level. All agreed it was better to have the Junior Olympic program get started on the new rules rather than wait another year and be shot much further behind. Each of the Regional Junior Olympic Directors and State Chairmen are monitoring the sectional scores to decide whether or not states will need to lower their scores to have State Meets.

To help the gymnast know the level she should compete at, the Executive Committee passed this recommendation:

In states where sectional meets are held regularly to the State Championships, a gymnast is considered to be a particular level (Class I, II, III) when she enters the Sectional Meet. This is where they compete in local or dual meets at any level to find out where she actually should compete. This allows gymnasts who are just entering the USGF program an opportunity to seek their own level. In states where there are no sectionals, the State Chairman will decide the point of entry into a particular class.

The Junior Olympic Committee voted in the Spring to have the Junior Olympic National Championships be an optional only competition. Therefore, the East/West Championships will be a preliminary competition with Compulsories, Optionals and All-Around Finals. The top East/West gymnasts will advance to Junior Olympic Nationals where they will compete three rounds of Optionals to determine the Individual and All-Around Champions. Connie Mahoney, Chairman, is preparing a guide, specifically, for Meet Directors of East/West and Nationals to be used at these meets. Mr. Bob Childers has

again offered Tulsa, Oklahoma to host the Junior Olympic Nationals and we are pleased to be returning to this glorious area for our Championships.

The Elite Development Committee is now under the direction of Mrs. Roe Kreutzer. The Committee has previously been guided and directed by Mr. Bill Strawn. We take this opportunity to thank Bill for his conscientious service and dedication. Bill could no longer continue in this position as the Parkette Gymnastics Team and his teaching job were making more and more demands on his time. The Elite Development Committee has decided to restructure the Championships of the USA for this year in reaction to the FIG age rule of 15 for International competitions of World caliber gymnasts.

There will be two age divisions—12-14 and 15 and over. The gymnasts over 15 will be eligible for World Class gymnastics competition and the 12-14 division will be eligible for Junior World Class competitions. There will be 10 Elites and 20 Junior Elites competing at Championships of the USA. In the future, the Elite Development Committee plans to separate these two meets, each having its own Championships of the USA.

The Elite Development Committee has recommended for several years to have a National Coach. This individual would be responsible for traveling with our National Team to major competitions. Ideally, a man and woman would be hired to care for our National Team. At the present time, Mr. Council has approved this concept although we can only afford one person at the present. The Elite Development Committee unanimously recommended Mr. Jim Gault for the position and Mr. Council has offered him this honor.

The Women's Technical Committee discussed the new Code of Points at length and the problems presently being experienced. A form has been devised to rate elements as A, B, C and D or OV. This will appear in the "Rules and Policies Book" for coaches to request ratings of elements not listed in the Code. Cheryl Grace and Sharon Valley will compile all of these elements to be published as a supplement to the Code. The Technical Committee requested the Executive Board to enlarge the Committee in order to carry out specific duties beyond Regional Technical Director responsibilities. The Executive Board allowed the Women's Technical Committee to have a Vice Chairperson and Secretary. It also placed the former Judges Training Committee under the jurisdiction of the Women's Technical Committee.

This year's Congress accomplished many things, but as usual, there were too many closed meetings and not enough time to see individual Women's Committee members. We are in the process of reeling in and trying to construct next year's Congress. If you have any suggestions for people you would like to hear speak at Congress or demonstrations, etc., please send me a letter containing all necessary information. The Congress is for all our members and we want to appeal to you and answer your needs as coaches, judges and gymnastic enthusiasts.

U.S.G.F. REGIONAL DIRECTORS MEETING MINUTES OCTOBER 2-3, 1980 ST. LOUIS, MISSOURI

Due to the large volume of business to be transacted in the Regional Directors meeting, two sessions were conducted. The first session was Thursday evening and the second was Friday morning. The directors met 7 hours total and these minutes follow the prepared agenda from Mr. Waterman and are not in chronological order.

1. Roll call - those present

Region 1 - Tom Gardner was present Thurs. night for Dr. Hal Frey. Dr. Frey was present Friday morning.

Region 2 - Hideo Mizoguchi

Region 3 - Robert Cowan

Region 4 - Absent

Region 5 - Ray Gurs

Region 6 - Steve Nemeth was present Thurs. night for Roy Johnson. Roy Johnson was present Friday morning.

Region 7 - Was not represented Thurs. night but Fred Turoff was in attendance Friday morning for Larry Meyer.

Region 8 - Rick Foster

Region 9 - Bill Foster

Also in attendance were Foreign Relations Committee representatives Don Gutzler and Junior Team Coaches Wendene Miki, Tom Gardner, and Bill Austin.

2. Approval of Old Minutes

The minutes were studied and corrected in various manners, with corrections being finalized and approved by the Directors.

A corrected copy of the minutes was given to Jack Merritt for publication in the USGF News and a second copy will be prepared for Mr. Waterman to distribute. Don Gutzler made motion for acceptance of approved minutes. Ray Gurs seconded. Accepted unanimously.

3. Selection of Chairman

Mr. Waterman told of his need for a stronger and more viable organization that would relieve him of some of the more menial tasks which he is required to conduct. Mr. Waterman felt that a structure with the Regional Directors and members of the Junior Staff along with the FRC representatives from the Junior program would provide this organization. This organization should also be the core for the development of a Junior coaches organization to the USGF. The roles of the Regional Directors are outlined now would change as the organization grows and the need changes. The reasons that people come to the Congress are:

1. Information

Recognition of who they get information from

2. Recognition of who is who in the sport (Curnisky recipients, Junior Coaches, Regional Directors)

3. Films, technical lectures, etc.

Mr. Waterman pointed out that these needs could be served by that structure which would be called the USGF Junior Program Board of Directors.

The Board as it will be referred to could function through a committee structure and would conduct the two annual meetings formulate rules and policies, implement these policies and establish various forums for the USGF Junior Events.

Therefore, the core of the structure would be Mr. Waterman as Overall Chairman of this group, an elected Chairman of the Board, the Regional Directors, two members of the FRC and two members of the Jr. Coaching staff. The old number of 13 was chosen to present face.

Bill Foster made motion that above mentioned structure be used for Board of Directors. Robert Cowan seconded. Passed unanimously.

The definite function of the organization would be handled through five committees with one man of each committee. At the completion of the committee business it would be dissolved. No standing committees.

1. Award System Committee—Function should be to determine the correct procedure and method of choosing the Frank Curnisky Award nominations and recipients. Also the Standardized Awards

program of the USGF for State, Regional and National meets would be the responsibility of this group. Committee members are Rick Boyer, Chairman, Ray Gurs and Roy Johnson.

2. Event Format Committee—The format of the National Championship Meet, and recommended format for Regional and State championships and a recommended format for the Regional circuit would be the responsibility of this group. Committee members are Dr. Hal Frey, Chairman, Robert Cowan and Larry Meyer.

3. Compulsory Committee—The function of this committee would be to finalize the compulsory with deductions, interpretations, stick figures and submit these to Mr. Waterman and the Publications committee. Committee members are Bill Foster, Chairman, Wendene Miki and Tom Gardner.

4. Testing Program Committee—Create guidelines for the Region test and National test. Create guidelines and criteria for the Jr. Elite program. Committee members are Don Gutzler, Chairman, Ray Gurs, Hideo Mizoguchi and Bill Austin.

5. Publications Committee—This group would assemble materials for the News Notes and Policies Manual and functioned as an editorial board. Committee members are, Larry Meyer, Chairman, Bill Foster and Ed Durr.

The final item of business under Agenda item three was the election from the group of a Chairman of the Board. Nominations were accepted.

Fred Turoff nominated Larry Meyer.

Tom Gardner nominated Don Gutzler.

Ray Gurs nominated Bill Foster.

Rick Meyer nominated Robert Cowan.

Dr. Frey made motion for closure of nominations. Seconded by Gurs. Approved. Secret ballot. Don Gutzler and Bill Foster declined the nomination and Robert Cowan was elected.

4. Events of the Junior Program

In November, the USGF is sending two gymnasts to China to compete. Mike Wilson and Larry Gardner have been chosen for the competition. The FRC felt that the top two Junior Gymnasts (Don and Dennis Hayden) should be selected for the replacement and therefore they will represent the United States.

China Tour: Don & Dennis Hayden 11/15-11/23, 1980

USGF International Jr. Invitational (Singapore—date undecided)

"This event will feature our Junior gymnasts in an event similar to the Hartford International Following Invitational."

National Sports Festival—Sydney, New York—1/24-2/2, 1981

Training Camps

Winter Training Camp

12/19-12/23, 1980

Spring Training Camp

4/13-4/18, 1981

USGF National Meet

6/26-6/27, 1981

Olympic Development Camp

8/24-7/12, 1981

National Sports Festival

Camp

7/19-7/27, 1981

Bill Foster asked about the possibility of another USA Olympic Jr. Meet. Mr. Waterman replied that the Canadian coach had already requested such a possibility. All the Regional Directors wanted to repeat to an opportunity.

Don Gutzler asked who picks the gymnasts for the Sports Festival and Mr. Waterman replied that the FRC picks the gymnasts. The Junior Board feels that Junior Coaches should work with Junior gymnasts at the Sports Festival. This would hopefully eliminate the problems that arose at the last Festival where Mr. Waterman was responsible for the Junior Gymnasts twenty-four hours a day. Selected by 1982 the Board recommends 4 (Class 1 & 4 Class) and 4 Junior Elite Gymnasts. They also recommend that winter testing be used for placement to the 1981 team due to a time factor for song warm-ups and various other needs. This years team will be the remaining top ten or twelve Class 10 gymnasts. If less than twelve are ranked from the top 2 Class 10 would be chosen.

5. Junior Elite National Team Concept

The format of the Jr. Elite team is covered in the minutes from the Berkeley meeting. The age in decades were discussed and it was felt that 19 year olds should be allowed competition if they are 18 on January 1st.

Bill Meyer asked how to get a sanction for an Open qualifying meet for Jr. Elites. Mr. Waterman replied that a coach should contact Ed Zimmer, Olympic Coordinator in the Open qualifying meet. The gymnasts must compete the Olympic compulsory and optional and score 102.00 points.

Continued p. 29

Regional Directors Minutes (Cont.)

8. 1989-91 Registration Program (Sam Barile)

Mr. Barile spoke to the Board and showed a new form of registering the athletes which is much more simple and convenient. Sam also explained the new process and gave valuable information on the accreditation reports which should be used at a registered event. This can be done by a blanket accreditations through the Regional Director. Coaches can get personal coverage for \$5.00 for accidents on a 24 hour basis.

7. "Gymnastics Bulletin" Deadline for the articles

Mr. Watanabe said that all articles must be sent by the Directors according to the following schedule:

March Bulletin	by January 31
June	by April 30
September	by July 30
December	by October 31

Send all articles to Bill Foster, 2875 So. Santa Fe, Englewood, Colo. 80110. Mr. Watanabe wants an article this month.

Tom Gardner asked what the purpose of the Bulletin is. Mr. Watanabe replied that the promotion of the Regions with some technical info on a quarterly basis. Heavy promotion of technical literature will be handled through the development of a Research Quarterly, hopefully. The next Bulletin will have an editorial comment by Bill Foster explaining the purpose to the coaches.

Along that line, Tom Gardner suggested that the Directors should write a Comprehensive report of the Regional clinic for those State Chairmen who cannot attend. This would hopefully benefit them as they attempt to disseminate information to their coaches and help them to understand the compulsory for a uniform beginning this year.

6. Frank Cusumery Service Award

The newly formed Award Committee will determine the procedure and create a nomination form. Nominations will be taken from the general meeting at Nationals and presented in Regional Directors Board meeting at Congress.

9. Nomination by Committee Members (Bayer, Meyer, Johnson, Covari)

Due to the action taken in item 85, this item is unnecessary. At the general session at the Congress, nominations were accepted and the awards committee will receive the bid and present it to the Board at the National meeting.

10. 1989 Jr. Olympics National Championship Site

The only formal bid received was from Brigham Young University coach Wayne Young. The board accepted this bid and set the dates of June 28, 28, and 29, 1989 for the National Meet in Provo, Utah.

11. The Guidelines for Bidding the Jr. Olympics Nationals

This area will be handled by the newly formed Award committee. However, many valuable comments were made which will be utilized. Fred Turoff suggested that the Event Chairmen like Donald Ohio State University coach, Mike Wilson and inform him that the Mid-Sect will be a bid site for the 1989 championships. This will allow him to bid if he chooses. Fred also suggested that bids should be solicited two years in advance. Roy Johnson suggested that Events Committee chairman, Dr. Frey contact Roger Council to secure sanctioning for these various events on college campuses.

Tom Gardner suggested that gymnasts' schools or private clubs be contacted for bids.

12. National Testing Concept

National Testing will take place December 19-18, 1989. The Competition or performance phase will be December 13. The Skills and Potential Testing will be December 14 and 15. The Final Evaluation will be December 16.

Mr. Watanabe informed the group that Video Tapes which all the testing skills are performed by the Jr. National Team members to give some guideline to evaluations. He is going to attempt to produce a copy of this for each Regional Director.

This years Regional test can be done by a film analysis and the gymnast can advance to the National test. Notification of the National office must be by December 27 this year.

"The Junior Elite will be evaluated two times a year. This is a good policy because it will allow re-ranking to occur and the best gymnasts will be available for competitions. At the winter test, the Jr. Elites will not be compulsory.

13. Report and Recommendations from Region 7

Fred Turoff represented Larry Meyer in a very interesting presentation of some developments in Region 7. The most impressive of these was the presentation of a manual which was developed by Larry and is in use in Region 7. This manual contains much needed information including the compulsory, addresses of many organizations necessary to the Junior program and various forms necessary for the coaches in the Junior program. This manual is on the order of the type book that Mr. Watanabe hopes to produce for the country.

The manual could be produced in such a manner that the Regional meets could be added. Mr. Meyer had also reported Frank Cusumery Award nomination ballots and included letters which (a) recommended the NGJIA be contacted about the use of Competition 1 rules at all levels of competition and (b) recommended the NCAA be contacted to compare them with the need of our collegiate coaches to be utilized in the Junior program with their (the NCAA) close scrutiny. The board agreed to contact the NGJIA about Competition 1 rules. Fred Turoff asked if items on the compulsory were being made and said that Region 7 is prepared to do them and could have them ready almost immediately.

The board was very impressed with Mr. Meyer's work and will implement these recommendations in whatever manner feasible.

14. Report and Recommendations from Region 8

Bill Foster reported that Region 8 wants a Directors roundtable at the Congress which would allow for many problems to be aired. This roundtable would include the Board and the State Directors. No business would be conducted and no votes would be taken but good discussion would take place.

Region 9 also suggested that the Board would appoint a Standalone Judges which could judge the National Junior Olympic Meet. This approval would require:

1. Judge must attend course using JO Compulsorys

2. The Judge must have judged either a State or Regional meet or major tournment involving the USOPF Compulsorys

The board accepted these recommendations and wants the Chairman to contact the NGJIA to determine the feasibility of such criteria. Region 9 further suggested that the Regional Directors meeting be open to the public. There would be no no-vote-no-obs but the general coaches could attend and observe the decision making process.

15. Standardized Award - Linda Chencinski

Linda Chencinski spoke to the Board about the Standardized Medal program of the USOPF. She was selected by Frank Barile to put this program together and contacted several medal companies for the competitive bid. Medals Arts of Connecticut (the firm who did the World Championships medals) were selected due to their quality. Linda presented a sheet with an explanation of the awards and some costs. The medals should be ordered two months in advance, through the Regional Director. Orders are mailed 30 days prior to the meet. Payment is due 30 days after the meet. Any award medals would be returned to the Regional Director and held for next year. The Regional Director would refund money to the State Meet Director for whatever medals were returned. Metals could be returned to Medals Arts but the cost of shipping could exceed the refund. The medals will be engraved on the back with place and year. If you have a tie, send the un-used medals to the company and the tie medals will be sent directly to the gymnasts. State Metals and Regional Metals are 2" and cost the same. Cost for 1st and 2nd is the same but 12nd place is higher because the cost of silver is higher. The breakdown of cost is \$3.18 for the medal, \$1.00 for the ribbon and .66 for the engraving, 44.65 total. The second place medals are .66 higher for a total of \$5.15 a medal. Many of the Chairmen were very concerned about the cost of the medals for they feel that the boys programs don't have the numbers of gymnasts sufficient to warrant an award program and the brunt of the expense would be on the gymnast through inflated entry fees. Linda suggested we get events or even allocations of the meet sponsored by local merchants. Sam Barile was present and suggested that perhaps the USOPF could provide some help. Later, Mr. Barile reported that the Executive Director, Mr. Covari, will help provide funds for both men and women programs to help defray costs of standardized awards.

Don Gutier spoke to the possibility of giving only one standardized medal, but saying that the USOPF requires one but not placing a prize

Minutes of the Men's Foreign Relations Committee

Sheraton Hotel and Convention Plaza St. Louis, MO, October 5, 1980

Present: Lee Savary (Chairman), Ken Allen (Secretary), Ed Burch, Don Guttrier, Fred Roelofsberger, Bill Roelofsberg. Also present for portions of the meeting were: Stan Amstutz (Women's F.R.C.), Jerry Lane (U.S.G.F.), Kurt Thomas, Mrs. Welterste, Ed Zimmer (U.S.G.F.) and Roger Connell.

The meeting was called to order by Chairman Savary at 8:30 a.m.

Use of N.C.A.A. activities for international and domestic travel
1. It was moved (Roelofsberg) and seconded (Guttrier) to bring an item of new business to the floor for discussion. The topic of discussion was concern expressed by N.C.A.A. coaches with regard to the use of collegiate gymnasts for international and domestic travel. Carried.

2. It was moved (Allen) and seconded (Roelofsberg) that a letter be sent to all N.C.A.A. Divisions of N.C.A.A. institutions which sponsor gymnastics. The letter would explain the process by which an athlete is requested to participate in U.S.G.F. activities. It would include a copy of the "Regulations Governing Selection of Coach and Team Managers and Responsibilities of Gymnasts." The circumstances under which an athlete might decline such invitation as developed by the Men's and Women's F.R.C. in August 1976 and which appears in the minutes of that meeting, and it would convey the desire of the F.R.C. and the U.S.G.F. to maintain close communication and cooperation with the N.C.A.A. and Junior Program personnel. Coaches would benefit to the Faculty Representatives and Gymnastics Coaches of these institutions. The same letter would go to the coaches of the Junior program. Carried.

U.S.A. Junior National Team

1. Much of this was discussed relative to the previous item.
2. It was moved (Roelofsberg) and seconded (Roelofsberger) that Casey Edwards' request for resignation be denied and that he maintain his original place on the national team. Carried.
3. It was moved (Allen) and seconded (Savary) to table discussion regarding replacement of retired members of the national team. Carried.

Long range goals and program for our elite gymnasts (1980-84)

1. Mrs. Welterste presented a long range plan for the Men's program through 1984.
2. It was moved (Roelofsberg) and seconded (Guttrier) that the Structure of the National Team Program with the modifications presented by Ken Allen be accepted as policy of the F.R.C. Although this will appear as a written document at some time in the future a brief description of that structure is necessary. The Junior National Team will consist of a maximum of 20 members between the ages of 10-18 including college gymnasts. The gymnasts will be ranked in two age groups (10-14 years and 15-18 years) based on performance, potential and skills as outlined in the Junior program procedures. All Junior National Team members will be eligible for appropriate training camps. A new Junior Elite National Team will consist of the top ten finishers of the Junior Olympic National Championships (Optional and 1984 Olympic Compulsory competition). They will range in age between 15-18 and may include college gymnasts. All Junior Elite National Team members will be eligible for appropriate training camps. The Junior Women Team will consist of the top 24 gymnasts from the U.S.G.F. National Championships and will be ranked according to that rank. (It is possible a ranking would occur following a final trials situation). The maximum age would be 15 years old. The top twelve junior national team members will be automatically eligible for any appropriate training camps and will be given preference for assignments to international competitions. Although there will not be any change in rank of the remaining twelve gymnasts those remaining gymnasts who are 20 years old or younger will be automatically included in any appropriate training camps and will be given priority in being assigned to international competitions. Carried.

3. Mrs. Welterste informed the F.R.C. members that he plans to form a Research Development Committee in order to develop and provide information which would enhance the training and preparation of our gymnasts.

4. Mrs. Welterste presented a list of items which all coaches and judges should report on following international competitions. The following guidelines will be included in information sent to all coaches and judges prior to their departure for overseas trips. Coach. Responsible to observe the following aspects and report:

1. Competitive and training schedule
2. Training facilities
3. New skills and combinations
4. New techniques
5. Comments on our gymnasts

- A. Performance
- B. Attitude
- C. Physical condition
- D. Training pattern (preparation) prior to the competition

Judge. Responsible to observe the following aspects and report:

1. Travel arrangement
2. Communication with foreign judges, research personnel and sports medicine personnel
3. New technique
4. New skills and combinations
5. Critique on ratings

5. Discussion centered around upcoming international competitions and the philosophy which would prevail in selecting national and reserve gymnasts. Recognized among the variables which must be taken into consideration were: who plays for the country would be better spent on a variety of programs which would enhance the preparation of our gymnasts. Is it during the N.C.A.A. season and would it negatively affect any of member institutions, will some of our gymnasts be overworked, will the competition enhance the visibility of certain gymnasts internationally, can we promote better relations among other countries, are the competitions "no win" situations, etc. Note: At this point we voted the Women's F.R.C. to jointly decide which international competitions we would attend.

Accepted and rejected international competitions

1. The men's and women's F.R.C. declined invitations for the following competitions: Moscow-Rige, Hungary, Romania. The committee approved the following invitations: San Luis Cup (South Africa), DDR (East Germany), Champions All (London), TBS Cup (Japan), and the Golden Sands (Belgium). A verbal invitation to New Zealand was tabled for lack of detail.

By the time only half of the meeting committee remained.

The meeting was adjourned at 12:55 p.m.

Respectfully submitted: Ken Allen, Secretary

Regional Directors Minutes (Cont)

Financial burden on the Meet Directors. Fred Turrell made motion that the top gymnast in each event receive the Standard award in each State and Regional Championship for 1980-81 season. Second by Roy Johnson. Passed unanimously. (Printed here to a verify the majority rule is in effect State and Regional Directors the latitude to only award All-Around or whatever is needed to insure the total success of their events.

The award Committee will study this and have suggestions to National office by October 15.

Bill Foster made motion for adjournment. Second by Rick Boyer. Meeting adjourned.

Respectfully by Robert Cowen

WOMEN'S TECHNICAL COMMITTEE

Minutes

St. Louis, Missouri
October 2-5, 1980

Meeting called to order Thursday, October 2, 5:30 P.M.

I Roll Call by Chair, Elaine Davis

- Region I—Joanne Pasquale
- Region II—Pam Kees
- Region III—Sharon Huber
- Region IV—Linda Berlin
- Region V—Carol Lucio
- Region VI—Marlyn Gross (Host)
- Region VII—Audrey Schweyer
- Region VIII—Lynne Taylor
- NSD—Rae Khavari
- NAD200—Connie Miskow (Voting)
- NJTD—Cheryl Glantz
- NSD—Linda Champeneir—Non-Voting
- Guests—Joanne Ackendanner—NAWGL
- Sharon Valley Pres. Vice-Chairman and Rep. to RITD
- Pat Pyle—Regional Chairman, VI
- Jocelyn Fox—RIG
- Sue Ammerman—USGF Vice-President for Women

II Minutes from August 1980 San Ramon, California were accepted as correct.

Page 2—C 1 b (1) Vault rules for zones. Deduction as follows:

2 for no C

2 for no second vault

Page 2—C 1 b (2)—0.2 deduction from better score for each "B" vault performed

Delete (H) as unnecessary. Same rules apply as for (B)

Page 2—F 1. Delete. It not able to enter State Meet she must have a score of 70.4 in the Zone

Page 2 (H 4. 1—Add after "Championships" the day 2

Page 4 (H 2 and 3. Delete (B) and add Competition II except Vault B. 2 under (H 4. One "Competition II" rules apply for all four events

Elite Date changes—1st National Qualifying Feb. 19-20, 1980
Championships of USA March 12-14, 1980

III The following regulations were established for the 1980-81 Elite season:

A Change in Vaulting regulations for San Ramon

- 1 For the 1980-81 season Elite Regional (Zone) Elites 1st and 2nd National Qualifying, Championships of USA will be required to do 2 "C" vaults. They may be the same or different with the better score counting. The following deductions will be in effect:
0.3 performing a vault of lower value than "C"
0.2 failure to perform 2nd vault
- 2 For World Games Trials the requirements are 2 different "C" vaults, better score to count
- 3 For individual event trials Competition II rules as in F.I.G. Code

B All gymnasts who completed the Olympic Trials will be eligible to enter the National Qualifying Meet. They may bypass the Elite Regionals or may elect to compete for experience only. Seniors will not count.

C Equipment Regulations for Elites

- 1 Two 4" landing mats will be allowed for all events except floor exercise. On uneven bars (see item 4, landing mat may be used without penalty for floor exercise. Deduction for illegal use of 4" mat will be 0.5.
- 2 A spring floor is required for all Regional (Zone) events (must add above)
- 3 For the Junior Age division (14 and under) the uneven bars may be rejected to facilitate the exercise (See Rules and Policies Page 7 (H4) Senior age division (15 and over) must meet FIG specifications
- 4 Regional (Zone) Meet Directors must arrange to have boards that accommodate all weights of gymnasts at all events where a board is used. Coaches may not bring their

own boards unless requested to do so by the Meet Director. They will be in the mat will use it

D Meet Format Regulations

- 1 No gymnast will be used in Elite competition.
- 2 There should be no more than 20 minutes between the end of warm up and the start of the competition
- 3 In pre-heat warm-up each gymnast should receive 2 minutes for each event
- 4 The 30 second touch per gymnast during the competition will be in effect. Should be tried
- 5 Recommend 2 sets of bars and 2 or more beams for pre-competition warm-up
- 6 Recommend all Meet Directors check speed of tape recording prior to competition

E Revised competition format for Championships of USA 1981—

- Approval of the Executive Director of USGF needed
- 1 Two age divisions—Juniors (12-14) Seniors (15 and over)
- 2 20 Juniors and 20 Seniors qualify from 1st National Qualifying meet elite Championships
- 3 Juniors will compete early afternoon Seniors in the evening. There will be 2 separate meets
- 4 All other mechanics of the meet will be worked out with the National Coach and the Director of Events

F Regional (Zone) dates and meets must be reported on the report forms by the NSD. Zone qualifiers must be called into the RITD and the RITD (Seniors)

G Member organizations of the USGF (NAJ and NSAD200) have requested their National Championships serve as a qualifying meet to the 2nd National Site—Agree with the following criteria:

- 1 Judging requirements same as for Elite Nationals
- 2 Competition III rules except Vault
- 3 Compulsory—optional compulsory
- 4 All gymnasts who score 70.4 (6.8 per event) would qualify for 2nd National Site

IV Jr Olympic Age-Group Committee Report The following regulations were established for the 1980-81 season:

A A gymnast must commit to one level of competition for one full season. This commitment is determined upon completion of competition in the National Meet. If no National meet is held then the State USGF Board will determine which qualification meet will officially commit a gymnast to a level of competition for that season.

B Due to the difficulty of hosting Class II Regionals with 45-70 gymnasts and after much discussion on the part of the Age-Group Committee and the Technical Committee the following was established for 1980-81 season:

- The top-3 5 gymnasts per age-group per State will qualify to attend II Regionals. The Regional Age-Group Board will determine the number. Those regions with 8 States would not exceed 120 gymnasts at the meet with 5 from each age division.
- Voted by TC 10 for Region IV—regional Region VI states and

V Judging

A National FIG Course

- 1 Discussion on selection process of these judges invited. An evaluation committee was set up for the purpose of improving upon the present. Members are:
Judges Training Chairman: Cheryl Oliver—Chairman
Sharon Valley
Linda Berlin
Sharon Weber
Joanne Pasquale
give five people from NAWGL to be selected by the Executive Board
- 2 List of names of those invited to the FIG Course mailed (Note this list with addresses included in minutes)

B Questions resolved

- 1 Where the 1:15-1:30 time change for floor exercise for one year? No as this change has been known for a year
- 2 Judges affiliation? NAWGL meet follow guidelines to USGF Rules and Policies for assignment to USGF meets. Executives must be approved by the RITD for State or Regional Championships.

Continued p. 32

Women's Technical Committee Minutes Oct. 2-6 1980 (con't)

3. The position of RTG will not be officially used for year if anyone is interested in doing so they may but would be a volunteer position. In the future coaches may be held in similar position in this position.
4. The NARSA has requested the WTC to appoint 2 people to work on a committee for the purpose of reviewing the Judges fee schedule. This committee will work on a special proposal for the 1981-82 fee schedule. Appointed will be Linda Chonka—Represent Women's Committee, Delores Davis—Represent Women's Technical Committee.
5. Recommendations to Joint Certification Committee
 - a. Add the words "up to" under General Faults and Penalties for failure to complete a major element—0.5
 - b. To consider Raising the element value of the foot landing pass in the Class I routine and other long swing that are now listed as 0.5 elements
 - c. Past recommendations approved by the UCC — from WTC Minutes August 28, 1980, San Ramon California
 1. All elements on beam may be performed to either side without penalty
 2. Bars Class II hop change of hands after single is to be an optional hand change
 3. Class III bars—upside signal on all horizontal to high bar—no deduction
 4. Class II beam line—Maximum + 1.5
 5. When a fall occurs in compulsory beam the swing stops just as it begins. When a part of the body contacts the foot the clock timing the element stops. The clock timing the fall begins. When the feet leave the floor the clock timing the routine begins and the clock timing the fall stops. This swing a change, only a clarification
 6. All execution errors leading to a fall will be taken in addition to the fall. May not deduct more than the value of the element for execution
 7. Collective omission of an element deduction should be 1/2 plus value of element
 8. Overtime deductions for compulsives are 2/3 plus value of missing element with no deduction for no deduct.
- C. Equipment Specifications
For the USGF competitive program the height of the uneven bars will be measured from the top of the 1 1/2" base mat plus the 4" landing mat rather than from the floor as in the past. To be done by head judge at beginning of meet. Low bar may not be lowered after measurement is done.
- D. CWNV Value Part Evaluation Procedure Presentation outline (see attached)
 1. Accepted as presented by Sharon Valley
 2. RTD should duplicate computer form now used and put in regional newsletters etc. Their form will be printed in Rules and Policies
 3. RTD make sure form is signed, dated and stamped with USGF RTD's stamp
- E. Clarification of Deductions
 1. No penalties will be allowed for USGF competition. Only injuries on:

Options	Compulsives
Barms and Value parts	Unsettled Falls
Unsettled Falls	Incorrect elements
Neutral Deductions (time out of bounds)	Neutral Deductions (time out-of-bounds etc.)
 2. Falls: mount—when does time begin? Men's stationary mount—time begins when feet leave the board (acrotic)—and falls mount. Time stops when contact made with floor
 3. Elements performed out-of-bounds receive no credit. Elements which start in bounds and finish out of bounds will receive value on all the neutral deduction and only other deductions which occur on the skill. Elements which start and finish out of bounds receive NO credit or execution deductions
 4. The decision for performing a pass in force without without music is 0.5 each time—The decision to repeat/ or not to repeat must be made at each at risk and is completed before score is awarded.
 5. Any compulsory elements used in optional routines must change the connections before (either if not done follow F10). Code for deductions
 6. The only mount on balance beam where you may not be on the beam is at 1.50 in the F10 Code
 7. Only group III falls get on all for falls mount, nothing from II will be considered unless for the same requirement in optional floor routine
 8. If in general, does the compulsory mount or dismount in an optional one would not increase credit for the value part of the element
 - a. For Class II a regular mount or a double back from a swing on the long side will be considered the same as the compulsory. Any other back will be considered okay as an optional dismount for Class II
 9. The matter of making for Compulsory swing should be made with 2" wide legs in the center of the mat (mat must be used to the horse). Any part of the foot ending on the mat will qualify for bonus deduction. Center the legs on inner line on the mat
 10. Clarification of Compulsory series
 - a. A series of 3 elements—4 are awarded deduct 0.5 if two are omitted deduct 0.8 if all three are omitted deduct 0.8 + 0.5
 - b. A series of 2 elements—if one is omitted deduct 0.5 if both are omitted deduct 0.8 + 0.5
 11. In the Class beam routine split leap if the knee bend can be seen past the vertical deduct up to 0.2 for degree of bend. Same for split leap on floor
 12. On the balance beam compulsory mounts a 0.3 deduction will be given for running or walking into the mounts. They must be done from a stand 0.5 deduction for double bouncing the beam (same as fall)
 13. For splitting uneven bars, a coach will not be allowed to stand between the bars but may only stand in a spot. Deduction will be 0.5
- F. Changes and additions to F10. Rules for USGF Competition voted by Women's Technical Committee
 1. Value rating directly connected with
 - Only group I falls and 0.5 1.5 on group I considered —It is a series of 3 falls, who 2 are directly connected the 2nd and 3rd are value rated and are treat
 2. When a natural 9 or 10 falls in the same series with a natural 5 or 6 it is bonus for RV is given for the originality of the connection
 3. All visiting judges will judge on the value of the vault rather than from 0.5 with the Head Judge taking the degree of difficulty deduction
 4. All skills presented by the RTD are evaluated and will be distributed thru the Regions (see attached)
- G. New Business
 - A. The USGF Women's Executive Committee approved the following position on the WTC. Both will be binding and enforceable by all regional judges.

Women's Technical Committee Vice Chairman
Women's Technical Committee Secretary

The following have been voted by the WTC—Vice Chairman - Sharon Valley, Secretary - Sandy Thack. Both have accepted. The Chairman will develop the job descriptions for both of these positions.

The next meeting is scheduled by the Championships of the USA, March 1981. Time and place to be announced.

The first session of this meeting was adjourned at 10:15 a.m. Sunday October 5, 1980.

Respectfully
Delores Davis, Chairman
Sharon Valley, Vice Chairman

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